

Health Standards Sixth Grade Curriculum & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Week Number (1-9)	Approved Resources
<u>2.1 Personal and Mental Health</u> <u>6-8</u>	Personal Growth and Development	Individual actions, genetics, and family history can play a role in an individual's personal health.	2.1.8.PGD.1: Explain how appropriate health care can promote personal health. 2.1.8.PGD.2: Analyze how genetics and family history can impact personal health. 2.1.8.PGD.4: Analyze the relationship between healthy behaviors and personal health.	1-2	Lesson: Health care and Personal Health <u>Kids Health</u> <u>SHAPE America</u>
	Emotional Health	Self-management skills impact an individual's ability to cope with different types of mental, psychological, and emotional situations	2.1.8.EH.2: Analyze how personal attributes, resiliency, and protective factors support mental and emotional health.	3-4	Lesson: Social/Emotional <u>EverFI</u> -Character Playbook <u>Classroom Wise Mental Health Resources for Teacher</u> Inside Out Movie- Island of Personality <u>CDC</u> - Emotional well-being
	Social and Sexual Health	Relationships are influenced by a wide variety of factors, individuals, and behaviors.	2.1.8.SSH.3: Demonstrate communication skills that will support healthy relationships. 2.1.8.SSH.4: Compare and contrast the characteristics of healthy and unhealthy relationships.	5-6	Lesson: Communication & Relationships <u>CDC Healthy Schools</u> <u>National Center on Safe Supportive</u>

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			2.1.8.SSH.6: Examine how culture influences the way families cope with traumatic situations, crisis, and change		<u>Learning Environments</u> <u>Love Is Respect Toolkit</u> <u>Advocates for Youth, 3r's</u> Figuring out Friendships <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i>
	Community Health Services and Support	Potential solutions to health issues are dependent on health literacy and locating resources accessible in a community.	2.1.8.CHSS.1: Identify professionals at school and in the community available to assist with health conditions and emergencies, sexual health services, life skills training and describe how they can be accessed (e.g., suicide prevention, CPR/AED, breast self-examination, traumatic stress). 2.1.8.CHSS.2: Describe the state and federal laws related to age of consent, minors' ability to consent to health care, confidentiality in a healthcare setting, child pornography, sexting, safe haven and sex trafficking.	7	Lesson: Cybersafety <u>EverFI</u> - Ignition:Digital Wellness & Safety <u>Childnet International</u>
		Advocacy for personal, family, community, and global health can influence and change the interaction of people and their health	2.1.8.CHSS.6: Develop an advocacy plan regarding a health issue and share this information in an appropriate setting.		

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<u>2.3 Safety</u> <u>6-8</u>	Personal Safety	Technology can impact the capacity of individuals to develop and maintain healthy behaviors and interpersonal relationships	2.3.8.PS.6: Demonstrate strategies to use social media safely, legally, and respectfully (e.g., sexting, sextortion)	7	Lesson: Cybersafety *See above
	Alcohol, Tobacco and other Drugs	The use of alcohol, tobacco (including e-cigarettes, vaping), and other drugs (including cannabis products) can result in social, emotional, and physical harm to oneself and others.	2.3.8.ATD.1: Examine how the use of alcohol, tobacco, and other drugs by adolescents has impacted their lives and the lives of family members socially, emotionally, and physically. 2.3.8.ATD.2: Relate the use of alcohol and other drugs to decision-making, consent, and risk for sexual assault and abuse. 2.3.8.ATD.3: Determine the factors that contribute to different rules, laws, and policies in schools, communities, and states regarding alcohol, tobacco (including e-cigarettes, vaping, cannabis products), and other drugs. 2.3.8.ATD.4: Explain the impact of alcohol and other drugs on areas of the brain that control vision, sleep, coordination, reaction time, judgment, and memory. 2.3.8.ATD.5: Analyze how the influence of peers and different social settings (e.g., home, school, party) can result in positive and/or negative outcomes.	8	Lesson: Tobacco and Alcohol Use National Institute on Drug Abuse How Nicotine Affects the Brain Kids Health -Drugs, Alcohol, Steroids, & Tobacco EverFi Truth Initiative Vaping
<u>2.2 Physical Wellness</u>	Nutrition	Many factors can influence an individual's choices	2.2.8.N.1: Analyze how culture, health status, age and access to healthy	9	Lesson: Nutrition EverFI - Healthier Me: Middle

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<u>6-8</u>		when selecting a balanced meal plan, which can affect nutritional wellness.	foods can influence personal eating habits. • 2.2.8.N.2: Identify skills and healthy behaviors that can support adolescents in losing, gaining, or maintaining healthy weights. • 2.2.8.N.3: Design sample nutritional plans for families with different lifestyles, resources, special needs, and cultural backgrounds; then consider the similarities and differences among the plans. • 2.2.8.N.4: Assess personal nutritional health and consider opportunities to improve health and performance (e.g., sports drinks, supplements, balance nutrition)		School <u>NJ Farm to School Program</u> <u>My Plate</u> <u>Rutgers New Jersey Health Kids Initiative</u>
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